

South Carolina

Fish Consumption Advisories

2007



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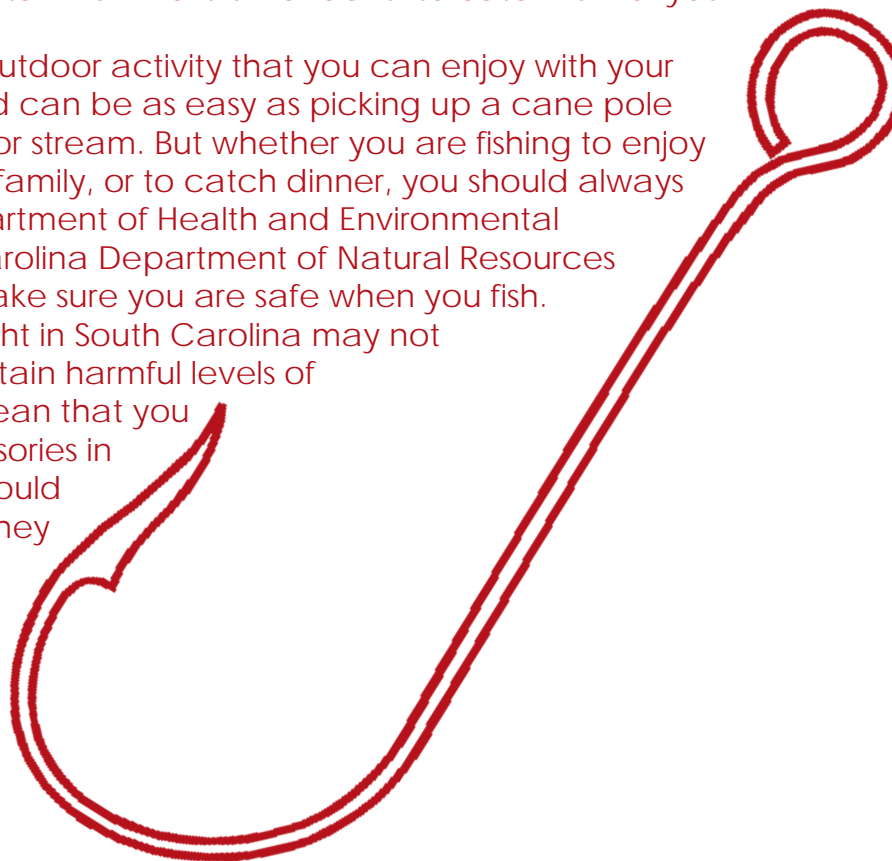
Fish Smart! Eat Smart! *It's for your health!*

Introduction

Fish taste great and are good for you too! Fish can be a healthy, low-fat source of protein, minerals, and vitamins. And it is wonderful to catch fish for you and your family to eat!

Fishing is a fun and relaxing outdoor activity that you can enjoy with your family and friends. Getting started can be as easy as picking up a cane pole and heading to your local pond or stream. But whether you are fishing to enjoy the outdoors, to spend time with family, or to catch dinner, you should always be safe. The South Carolina Department of Health and Environmental Control (DHEC) and the South Carolina Department of Natural Resources (DNR) are working together to make sure you are safe when you fish.

So, fish smart! Some fish caught in South Carolina may not be safe to eat because they contain harmful levels of some chemicals. This does *not* mean that you have to stop eating fish. The advisories in this booklet tell you where you should limit the amount of fish you eat. They will also tell you where it is safe to eat as much fish as you like. Fishing can be fun all over South Carolina, but the advisories will help you if you eat the fish you catch.



Frequently Asked Questions about Fishing and Eating Smart

Why should I eat fish?

Eat smart! Fish is an excellent low-fat food and a great source of protein, vitamins and minerals. Fish contain omega-3 fatty acids and oils that are hard to get from other types of food (amounts of omega-3 vary between the types of fish). Omega-3 fatty acids are believed to be beneficial to boosting the health of the heart. In fact, eating fish regularly can reduce your chances of having a stroke or a heart attack. Frying and breading fish decreases its health benefits. To get all the benefits from fish, experts say that you should eat at least two meals of fish each week. And since fish is quick and easy to prepare, why not start enjoying it today?



What is an advisory?

Fish consumption advisories help you fish smart! Advisories give you information to help you decide where to fish, which fish to keep, and how much fish to eat. An advisory will list a lake, stream, or river and will list the types of fish that are unsafe in that area. Advisories have been issued by DHEC in South Carolina since 1976.

Many lakes, streams, and rivers in South Carolina do not have advisories. You will see a special listing of these places in each section of this book. Also, not all types of fish are unsafe where there is an advisory. There are often fish listed that have "no restrictions." This means that it is okay to eat those fish as often as you like.

Remember that fishing smart also means fishing legally. You will need a valid S.C. fishing license in order to fish in all public lakes, rivers, and streams. This includes all of the waterbodies listed in this booklet.

South Carolina's Fish Consumption Advisories are almost all due to mercury. To learn more about mercury, visit www.scdhec.gov/mercury

Why do we have advisories?

To make sure that the fish you catch are safe to eat, DHEC tests fish from lakes, rivers, streams, estuaries, and offshore waters all over South Carolina. Some saltwater fish samples are collected by both DHEC and DNR. All samples are tested for chemicals to see if any of the fish

are contaminated. In South Carolina, mercury, polychlorinated biphenyls (PCBs), and radioisotopes have been found in some fish. DHEC looks closely at the data and then issues fish consumption advisories where contaminated fish have been found. The danger from these contaminants is only in the fish. This means you can still enjoy water activities like boating, skiing, swimming, and even recreational fishing.

Why are some fish not safe to eat?

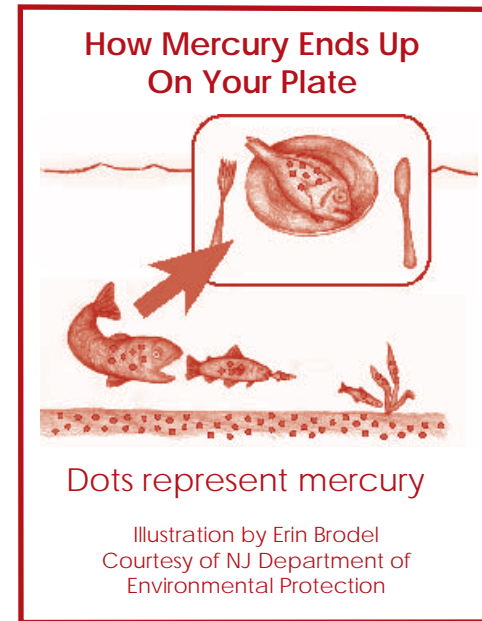
Harmful materials can get into our environment in many ways. These materials end up in lakes, rivers, and streams where they can contaminate plants and animals, like fish, that live in the water. Contaminants get into fish through the plants and animals that they eat. Some of these chemicals are absorbed directly into the body of a fish. Older and larger fish have eaten more and have been in the water longer, so there may be more contaminants in their bodies. When you eat these fish, the contaminants get into your body, too.

Your body naturally removes small amounts of these materials. Health problems happen when there are too many harmful chemicals in the body. Babies and children are more at risk because their bodies are still developing. Women who are pregnant, may become pregnant, or are nursing should be very careful about the fish that they eat. These women should not eat any fish where there is an advisory.

Mercury, PCBs, and radioisotopes are the main contaminants in South Carolina. Let's take a closer look at each one of these.

Mercury is an element that is found naturally in the environment. Burning coal and other fossil fuels adds the most mercury to the environment. But things like factories and even the burning of trash can increase the mercury in the environment too. Mercury in the air is brought back to the earth by rain, snow, and sleet and ends up in our lakes and rivers.

Mercury in a mother's body can harm her unborn baby. Brain damage, blindness, seizures and other problems can occur in the baby. Children who take in mercury after they are born can be harmed too. They can have digestive problems, kidney damage and problems with their nervous systems. Health problems due to mercury in children and unborn babies cannot always be fixed. Pregnant women, women in childbearing years, infants, nursing mothers, and children under 14 should not eat any fish containing mercury.



In adults, mercury can make your mouth, hands, or feet tingle or feel numb. It can also cause vision or hearing problems. If you have any of these symptoms, please see your doctor. All of these problems in adults can usually be corrected if a person stops eating fish that contain high levels of mercury.

PCBs (polychlorinated biphenyls) are a group of man-made compounds. PCBs do not burn easily and are good insulators. In the past they were often used as fluids for electrical transformers and in products like cutting oils and carbonless copy paper. The manufacture of PCBs was stopped in 1976, but they are still a problem because PCBs do not break down easily in the environment. They can remain in the soil at the bottom of a lake or river for many years.

PCBs build up over time in the fatty parts of fish and then get into us when we eat the fish. PCBs may cause lower birth weight, smaller infant head size, and shorter pregnancies. If pregnant women eat fish containing PCBs, their babies may suffer developmental problems and learning disabilities.

Currently, the only fish consumption advisories in South Carolina due to PCB contamination are for Lake Hartwell and its connected waters. You can reduce your exposure to PCBs by the way you prepare the fish. PCBs are found in the fatty parts of fish. By cleaning or cooking fish to reduce fat, you can also reduce the amount of contaminants you eat. See Pages 11 and 8 for the Lake Hartwell PCB advisory and information on how to cook and clean your fish, respectively. You should still follow the advice in this book even if you clean and cook the fish the right way.

Radioisotopes are radioactive forms of an element. They can occur naturally or be man-made. Some fish in part of the Savannah River contain the radioisotopes cesium-137 and strontium-90. The levels of radioisotopes found in these fish are low and have decreased over time. If you follow the mercury advisories for the Savannah River, the added health risk from these elements is very low.

PCBs vs Mercury in Fish	
PCBs	MERCURY
Stored in fat (Remains in the body for long periods of time—may take several years to be fully removed from the body)	Stored in muscle (May take up to a year to be completely removed from the body assuming no more mercury is being ingested)
Trimming the fat off fish can reduce the amount of PCBs by 50%	Trimming fat will not reduce the amount of mercury since it is found in the protein (meat) of the fish.
Better to broil, bake or grill. Breeding and frying is not the best way to reduce PCBs.	Cooking methods will not remove mercury contaminants.
Larger fish have greater amounts of PCBs in them due to age and diet.	Larger fish have greater amounts of mercury in them due to age and diet.

After the Flush...

After fishing all day on your boat, remember to properly dispose of your waste. Dumping raw sewage from your boat can lead to a variety of health and environmental problems.



What Can You Do to Help Keep the Water Clean?

- Use portable toilets
- Utilize onshore restrooms when available
- Install a toilet aboard your boat with the proper Marine Sanitation Device (MSD)
- Use a pumpout station at a marina

What does this sign mean?

This sign will direct you to where you can use a pumpout station to remove the waste from the toilet on your boat.



Why should you care?

- You fish, swim, and maybe even get your drinking water from those same waters.
- The release of raw sewage from your boat can transmit waterborne diseases.
- Increased sewage in the water impacts fish directly by depriving them of oxygen, reducing their growth, and sometimes even killing them.
- Shellfish ingest the raw sewage since they are filter feeders. When humans eat shellfish from these waters, they can ingest these fecal contaminants and other possible diseases.

For more information about the Clean Vessel Act Program, please visit <http://www.dnr.sc.gov/marine/vessel>. The Clean Vessel Act was created by Congress to reduce the amount of overboard discharge of vessel sewage.

How can I reduce the health risks from contaminated fish?

You can reduce the health risks from any type of fish by following these tips:

- Do not eat more fish than this booklet recommends.
- Eat fish from lakes and rivers that do *not* have advisories.
- Eat smaller fish and smaller amounts of fish.
- Eat different types of fish instead of just one type.
- Clean and cook your fish the right way.
- Enjoy fishing by catching then releasing the fish instead of eating them.

Remember: You cannot remove mercury by any special cleaning or cooking methods. This is because mercury is stored in the meat of the fish and not in the fat or skin. PCBs can be reduced by cooking and cleaning the fish in a certain way. See Page 8 to learn how to prepare fish with PCBs.

What about shellfish?

DHEC regularly tests the water in South Carolina's shellfish growing areas for bacteria. This ensures that the oysters, clams, and mussels you collect meet health standards and are safe to eat. DHEC will close a shellfish bed if the health standards are not met or if conditions have changed to make the shellfish unsafe. A closed shellfish bed means that it is not only unsafe to

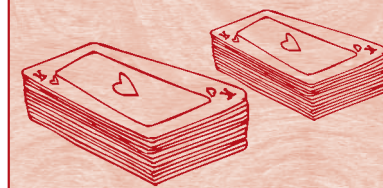
eat what you might find, but it is also illegal to gather shellfish in that area. Visit DHEC's Web site to find out more and to see the status of individual areas (<http://www.scdhec.gov/shellfish>). You can also call DHEC for more information: for Horry and Georgetown Counties, call (843) 238-4378; for Charleston County, call (843) 953-0150; for Beaufort and Colleton Counties, call (843) 846-9400.

What about fish that I buy instead of catch?

The U.S. Food and Drug Administration (FDA) and the U.S. Environmental Protection Agency (EPA) have issued a national mercury advisory for fish that you buy and catch. This includes fresh, frozen, and canned fish that you buy in a store or restaurant. The advisory, issued in March 2004, says that women who are pregnant, may become pregnant, or are nursing, and children under 14 should not eat any king mackerel, shark, swordfish or tilefish. For more information, please visit: <http://www.fda.gov/bbs/topics/news/2004/NEW01038.html>. You can also visit FDA's Website at <http://www.cfsan.fda.gov/~lrd/seafsafe.html> or EPA's Web site at <http://www.epa.gov/ost/fish>. You can call FDA, toll-free, for more information at 1-888-SAFEFOOD.

What does one meal of fish look like?

8 ounces of raw fish is about the size of two decks of cards.



Where can I get more information?

For more information on fish consumption advisories, call DHEC toll-free at 1-888-849-7241 or visit <http://www.scdhec.gov/fish>. For more information on mercury, visit <http://www.scdhec.gov/mercury>.

For more information on fishing and SC's Rules and Regulations for fishing and boating, call DNR at (803) 734-3886 or visit <http://www.dnr.sc.gov>. DNR also has a toll-free fishing information hotline, 1-800-ASK-FISH. Call the hotline to hear the latest fishing reports and to find public landings or where to buy fishing licenses. Kids can visit <http://www.screelkids.com> for information on a free fishing program to earn rewards.

Special information for pregnant women, infants, and children under 14

DHEC warns that women who are pregnant or plan to become pregnant soon, nursing mothers, infants, and children under 14 should not eat any fish containing mercury. Infants and children are particularly sensitive to the effects of mercury since their brains and nervous systems are still forming. This advice from DHEC is meant to protect these sensitive groups. A national advisory, issued in March 2004, says that women who are pregnant, may become pregnant, or are nursing, and children under 14 should only eat one meal of freshwater fish each week. This advisory also says that they should not eat any king mackerel, shark, swordfish or tilefish. To find out more on the national advisory, visit EPA's website at <http://www.epa.gov/ost/fish> or FDA's web site at <http://www.cfsan.fda.gov/~lrd/seafsafe.html>. You can also call FDA, toll-free, at 1-888-SAFEFOOD.

How to Use the Information in this Booklet

Finding an advisory:

The map of South Carolina is divided into four sections to help you find the advisories you are most interested in. The state map on Page 9 shows you the sections and gives you the page numbers for each one. The waterbodies are listed alphabetically within each section. Once you find the area that you are interested in, you will see the types of fish listed and the current consumption advice. Use the complete index on Page 32 to find a specific waterbody without looking at the maps.

If a waterbody or type of fish is not listed in the tables, it means that DHEC has not issued any consumption advice. There are several reasons why we may not have issued any advice: the waterbody may not have been sampled, there may not be enough data, or the waterbody may be privately owned.

Eating fish with an advisory:

South Carolina's advisories are based on one meal of fish. One meal is a half-pound or 8 ounces of fish. This is the weight of the fish before you cook it. Eight ounces of raw fish is the size of two decks of playing cards.

When you do eat fish from lakes, rivers, or streams with advisories, you should space your meals out according to the advice given. One meal per week means that you may eat fish with mercury once in that week. One meal per month means that you may eat fish with mercury just once in that month.

For example, blue catfish in the Edisto River have an advisory for one meal per month. So, if you eat a meal of blue catfish, you should not eat any more fish with any mercury advisory for the rest of that month. This includes other fish from the Edisto River as well as fish from anywhere else with an advisory. In this example, bluegill and black crappie also have a mercury advisory for the Edisto River. Largemouth bass from Lake Jocassee and bowfin (mudfish) in the Congaree River have an advisory too. You should not eat any of these fish in the same month that you ate the blue catfish from the Edisto River because they all have an advisory.

Smart fishing begins with knowing what you've caught. We have included a section to help you identify some common fish in South Carolina. You'll find that on Page 30 and 31.



Help Us Help You!
Take our survey at:
www.scdhec.gov/fish

Tell us what you think about the fish advisories! Let your voice be heard by filling out our online survey. If you do not have access to the Internet and would like to have one mailed to you, please call 1-888-849-7241 (Toll-Free).

Smart Fishing Tip: Catch and Release

If you want to enjoy the fun of fishing, but don't want the health risks from eating contaminated fish, you should think about catch and release fishing. Catch and release still lets you have the experience of fishing without hurting the local fish population. When you catch and release, follow these simple guidelines:

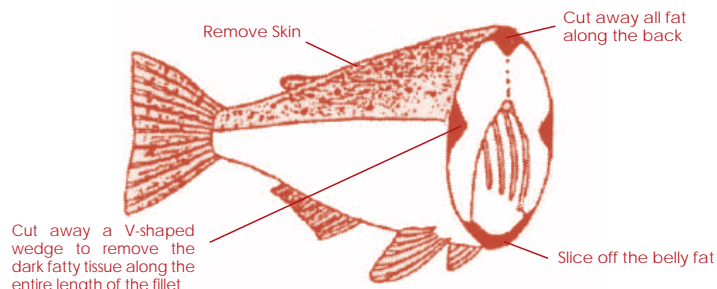
- Release fish quickly while still in the water, if possible. Be sure you have the necessary tools (i.e. needlenose pliers) nearby.
- When a hook gets caught deep inside a fish, do not tear out the hook. Instead, cut the leader or the line and leave the hook in the fish. This will increase the chance that the fish lives.
- Do not play the fish to exhaustion, particularly if water temperatures are very high.

For more information about catch and release, visit <http://www.catchandreleasefound.org/release.html> or read the South Carolina Rules and Regulations for Fishing, Hunting, & Wildlife Management Areas available wherever fishing licenses are sold.

Cleaning and Cooking Fish to Reduce PCBs

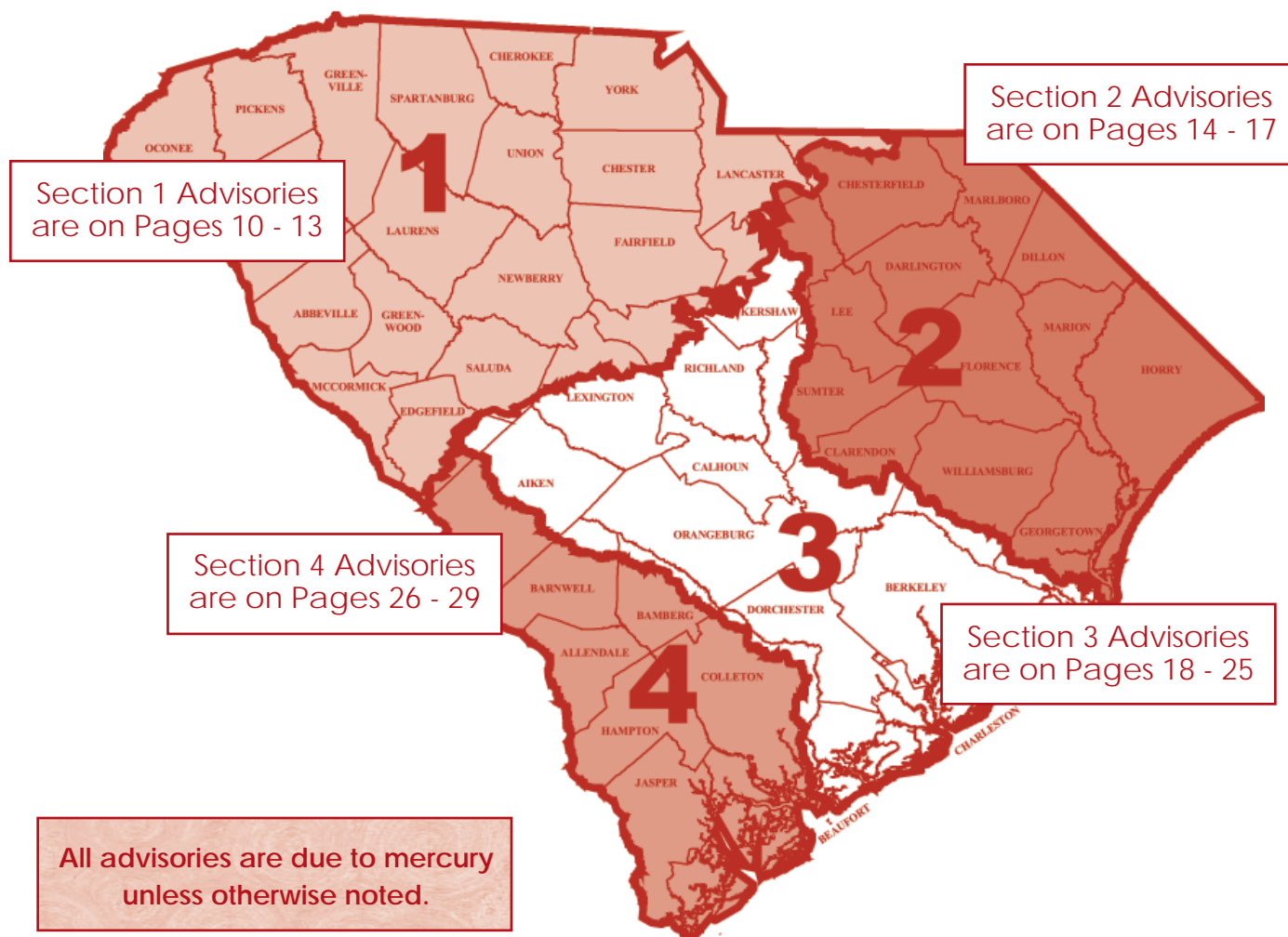
Fish in and around Lake Hartwell contain harmful levels of PCBs. You can reduce your exposure to PCBs by the way you prepare the fish. PCBs are found in the fatty parts of fish. By cleaning or cooking fish to reduce fat, you can also reduce the amount of contaminants you eat.

- Remove the head and all the guts.
- Remove the skin and trim all fat from the areas shown in the picture.
- Don't panfry or deep fry. Broil, bake, poach or boil your fish so the fatty juices drip away.
- Don't eat or use any of the cooking liquids.

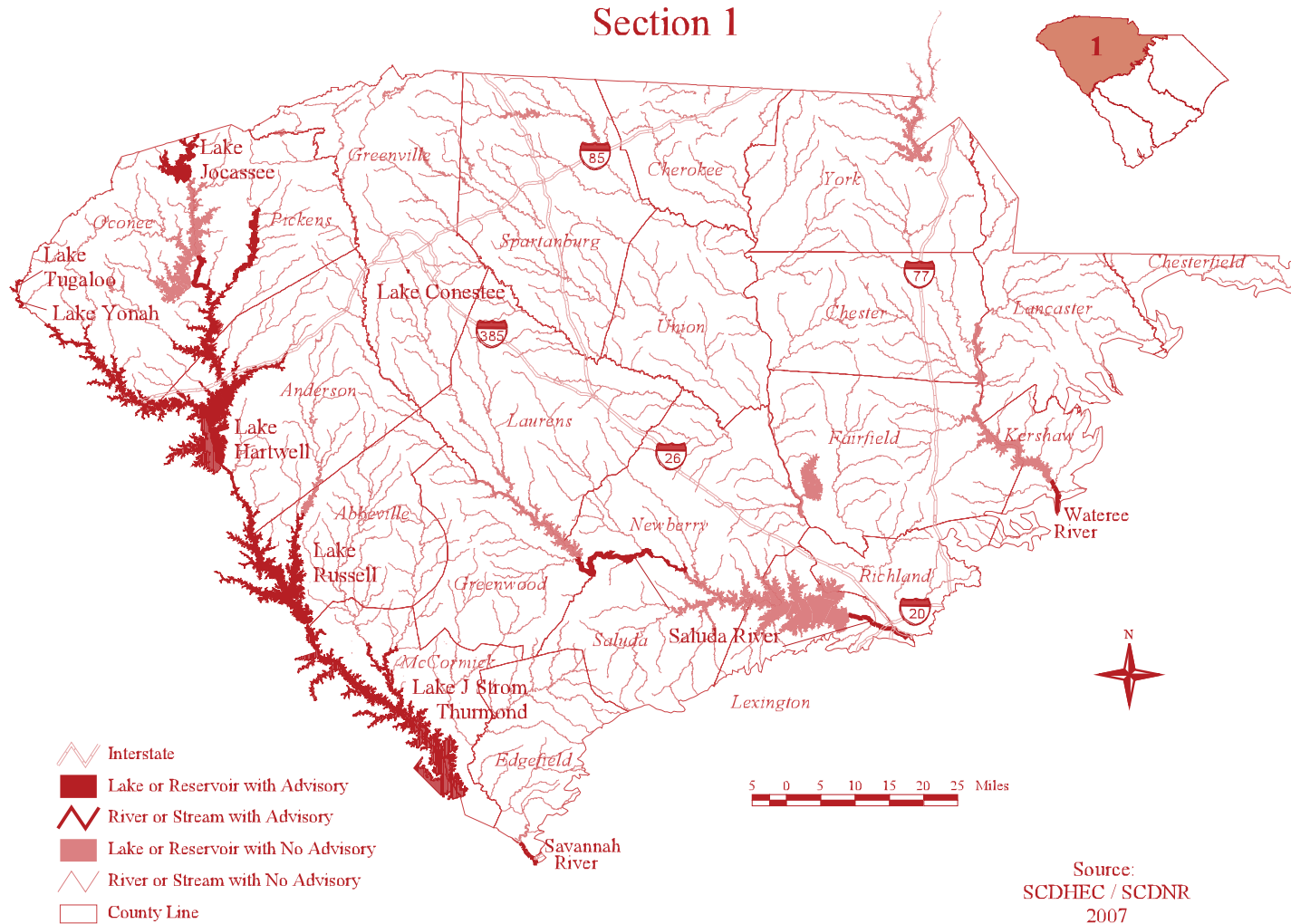


Species that tend to have higher amounts of Mercury	Species that tend to have lower amounts of Mercury
Bowfin (Mudfish)	Canned light tuna
Catfish	Shrimp
Largemouth Bass	Salmon
Warmouth	Dolphin (Mahi-mahi)
Shark	Flounder
King Mackerel	Speckled trout (spotted sea trout)
Swordfish	Oysters
Tilefish	Lobster

South Carolina Fish Consumption Advisories



South Carolina Fish Consumption Advisories Section 1



Source:
SCDHEC / SCDNR
2007

Section 1 Waterbodies with Advisories

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Lake Conestee	Impounded portions only (fish contain both mercury and chlordane)	Largemouth Bass	DO NOT EAT ANY
		Redear Sunfish	DO NOT EAT ANY
Lake Hartwell PCB Advisory <i>See Page 8 to learn how to cook and clean fish from Lake Hartwell.</i>	12 Mile Creek	All Species of Fish	DO NOT EAT ANY
	Seneca River Arm	All Species of Fish	DO NOT EAT ANY
	All remaining waters	Channel Catfish	1 meal a month
		Largemouth Bass	1 meal a month
		Hybrid Bass/Striped Bass	DO NOT EAT ANY
	State of Georgia advisory for Lake Hartwell (Tugaloo Arm) <i>For more information on GA fish advisories, call the GA Department of Natural Resources at (706) 369-6376.</i>	Black Crappie	No Restrictions
		Channel Catfish less than 16 inches	No Restrictions
		Channel Catfish over 16 inches	1 meal a month
		Largemouth Bass less than 16 inches	1 meal a week
		Largemouth Bass over 16 inches	1 meal a month
		Hybrid/Striped Bass less than 12 inches	No Restrictions
		Hybrid/Striped Bass 12-16 inches	1 meal a month
		Hybrid/Striped Bass over 16 inches	DO NOT EAT ANY
Lake Jocassee	Entire Lake	Bluegill	No Restrictions
		Brown Trout	No Restrictions
		Rainbow Trout	No Restrictions
		Redbreast Sunfish	No Restrictions
		Spotted Bass	1 meal a week
		Smallmouth Bass	1 meal a week
		Largemouth Bass	1 meal a week
Lake Russell	Entire Lake	Largemouth Bass	1 meal a week
Lake J. Strom Thurmond <i>(Clarks Hill Lake)</i>	Entire Lake	Black Crappie	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Redear Sunfish	No Restrictions
		Largemouth Bass	1 meal a week
		Chain Pickerel	1 meal a week



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Lake Tugaloo	Entire Lake	Bluegill	No Restrictions
		Black Crappie	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		White Catfish	No Restrictions
		Yellow Perch	No Restrictions
		Largemouth Bass	1 meal a week
Lake Yonah	Entire Lake	Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Largemouth Bass	1 meal a week
		Yellow Perch	No Restrictions
Saluda River	From Lake Greenwood Dam to the Congaree River in Columbia, S.C. (does not include Lake Murray)	Black Crappie	No Restrictions
		Bluegill	1 meal a week
		Channel Catfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		White Bass	No Restrictions
		Bowfin (Mudfish)	1 meal a week
Savannah River	From Lake J. Strom Thurmond to Stevens Creek	All Species of Fish	No Restrictions
	From Stevens Creek in Edgefield County to S.C. Hwy. 119 in Jasper County	Black Crappie	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	1 meal a week
		Channel Catfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
		Yellow Perch	No Restrictions
		Spotted Sucker	1 meal a week

Some data for the Savannah River was provided by the Georgia Department of Natural Resources.

Some fish also contain cesium-137 and strontium-90. See p. 4 to find out more. (continued on next page)




WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Savannah River (continued from previous page)	From Stevens Creek in Edgefield County to S.C. Hwy. 119 in Jasper County	Largemouth Bass	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
Wateree River	Entire River (Downstream of Lake Wateree to the Congaree River)	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Largemouth Bass	No Restrictions
		Redbreast Sunfish	No Restrictions
		Flathead Catfish	1 meal a week
		Redear Sunfish	No Restrictions
		Striped Bass	No Restrictions
		White Perch	No Restrictions
		Bowfin (Mudfish)	1 meal a week


DHEC has tested additional waterbodies in this section of South Carolina. It is safe to eat fish as often as you like from the following lakes and rivers:

Broad River	Lake Cooley	Lake Monticello	Little River
Broadway Lake	Lake Cunningham	Sub-impoundment	Middle Tyger River
Catawba River	Lake Greenwood	Lake Murray	North Tyger River
Cedar Creek Reservoir	Lake J.A. Robinson	Lake Rabon	Parr Reservoir
Fishing Creek Reservoir	(Greenville County)	Lake Secession	
Lake Blalock	Lake Keowee	Lake Wateree	
Lake Bowen	Lake Monticello	Lake Wylie	


How You Can Reduce PCBs when Consuming Contaminated Fish




Bluegill (Sunfish)



Yellow Perch

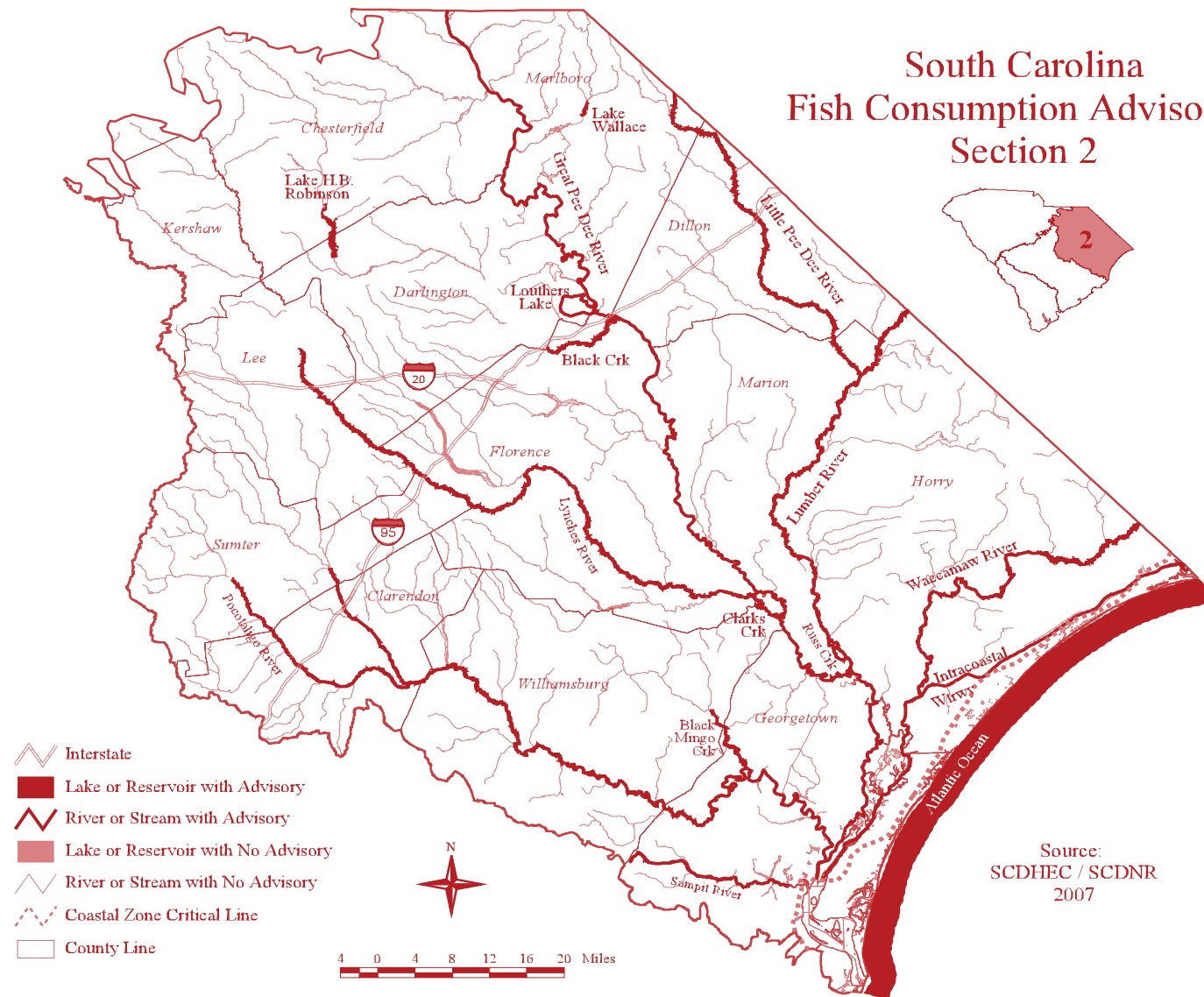


Black Crappie



- ☒ Eat leaner fish such as Yellow Perch, Sunfish, and Crappies.
- ☒ Eat smaller fish.
- ☒ Follow the directions for properly cleaning and cooking fish (Page 8).

South Carolina Fish Consumption Advisories Section 2



Section 2 Waterbodies with Advisories

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Atlantic Ocean	Atlantic Ocean off the SC Coast **EPA and FDA advise women who are or may become pregnant, nursing mothers, and children under 14 not to eat any king mackerel, shark, swordfish or tilefish.	King Mackerel less than 33 inches	No Restrictions **
		King Mackerel 33-39 inches	1 meal a week **
		King Mackerel over 39 inches	DO NOT EAT ANY **
		Swordfish	1 meal a month **
		Shark	DO NOT EAT ANY **
		Tilefish	DO NOT EAT ANY **
Black Creek	Entire Creek (Florence County)	Bluegill	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	1 meal a week
		Largemouth Bass	DO NOT EAT ANY
		Bowfin (Mudfish)	1 meal a month
Black Mingo Creek	Entire Creek (Georgetown County)	Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Largemouth Bass	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
Black River	Entire River	Black Crappie	1 meal a week
		Blue Catfish	1 meal a week
		Bluegill	1 meal a week
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		Warmouth	1 meal a week
		Largemouth Bass	DO NOT EAT ANY
		Bowfin (Mudfish)	1 meal a month
Clarks Creek	Williamsburg County	All Species of Fish	1 meal a month
Great Pee Dee River (continued on next page)	Entire River in S.C.	Black Crappie	No Restrictions
		Blue Catfish	1 meal a week
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Great Pee Dee River (continued from previous page)	Entire River in SC	Redear Sunfish	1 meal a week
		Warmouth	No Restrictions
	From NC/SC Border to I-95 in Dillon County, SC	Bowfin (Mudfish)	1 meal a week
		Largemouth Bass	1 meal a week
	From I-95 to Winyah Bay	Bowfin (Mudfish)	1 meal a month
		Largemouth Bass	1 meal a month
Intracoastal Waterway	Horry County	Bluegill	1 meal a week
		Largemouth Bass	1 meal a week
		Redear Sunfish	1 meal a week
		Bowfin (Mudfish)	1 meal a month
Lake H.B. Robinson	Entire Lake	Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	1 meal a week
		Chain Pickerel	1 meal a week
		Largemouth Bass	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
Lake Wallace	Diversion Lake	Largemouth Bass	1 meal per month
		Bowfin (Mudfish)	DO NOT EAT ANY
	Fishing Lake	Channel Catfish	No Restrictions
		Largemouth Bass	1 meal per week
Little Pee Dee River	From N.C./S.C. State Line to the Great Pee Dee River	All Other Fish	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
		Chain Pickerel	DO NOT EAT ANY
		Flathead Catfish	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
Louthers Lake	Entire Lake	Bluegill	No Restrictions
		Bowfin (Mudfish)	1 meal a month
		Largemouth Bass	1 meal a week
Lumber River	From N.C./S.C. State Line to the Little Pee Dee River	Bluegill	1 meal a month
		Chain Pickerel	DO NOT EAT ANY
		Channel Catfish	DO NOT EAT ANY
		Flathead Catfish	DO NOT EAT ANY
		Redear Sunfish	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY

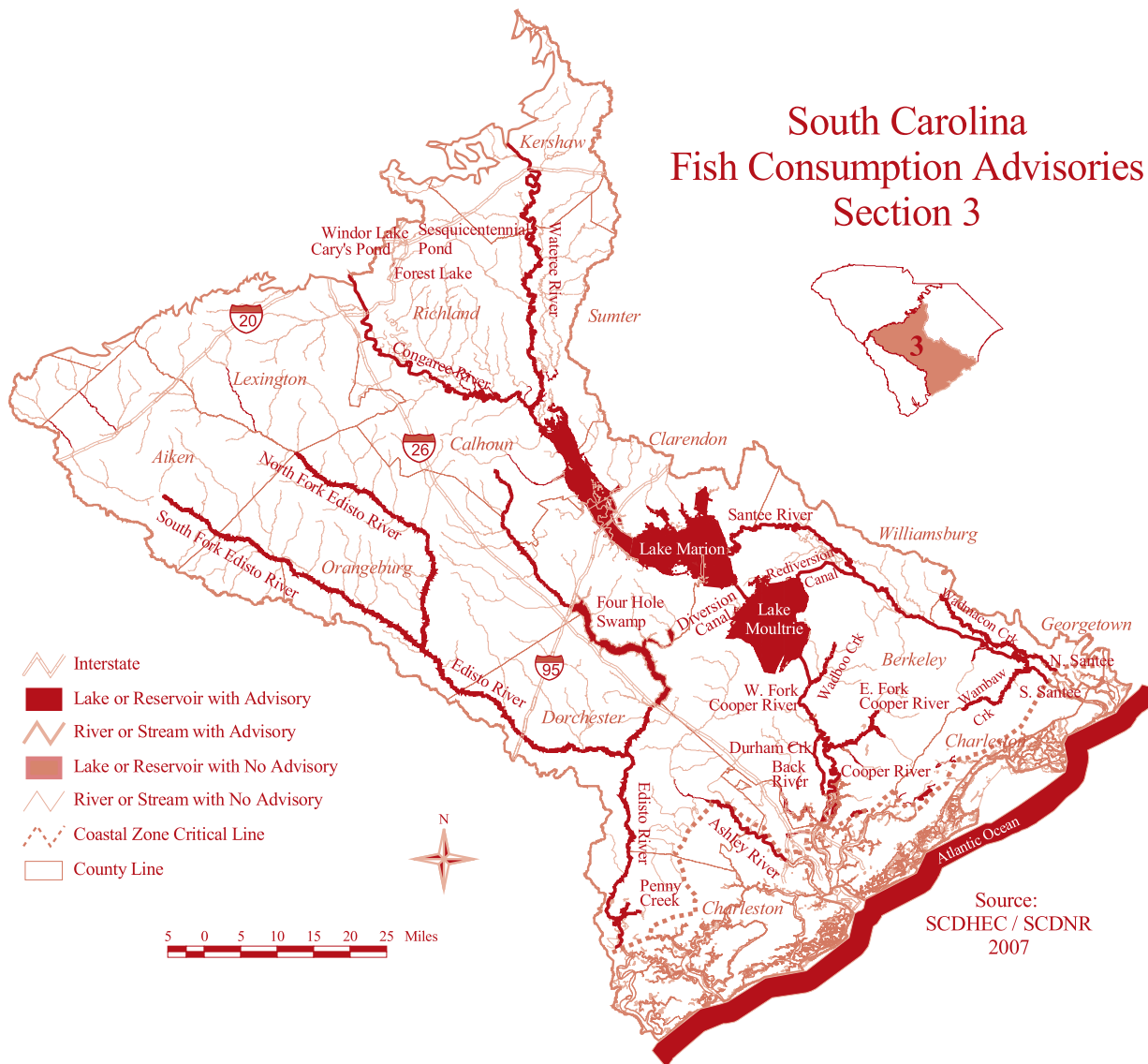


WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Lynches River	From U.S. Hwy. 15 to the Great Pee Dee River	Bluegill	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	1 meal a week
		Largemouth Bass	1 meal a month
		Chain Pickerel	1 meal a month
		Channel Catfish	DO NOT EAT ANY
		Bowfin (Mudfish)	DO NOT EAT ANY
Pocotaligo River	Entire River (From Sumter to the Black River)	All Other Fish	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
Russ Creek	Marion County	Redear Sunfish	1 meal a week
		Largemouth Bass	1 meal a month
		Bowfin (Mudfish)	1 meal a month
Sampit River	Georgetown County	Black Crappie	No Restrictions
		Mullet	No Restrictions
		Pumpkinseed Sunfish	No Restrictions
		White Perch	No Restrictions
		Bowfin (Mudfish)	1 meal a week
		Largemouth Bass	1 meal a month
Waccamaw River	From the N.C./S.C. State Line to Hwy 17	Black Crappie	1 meal a week
		Blue Catfish	1 meal a week
		Bluegill	1 meal a week
		Channel Catfish	1 meal a week
		Redear Sunfish	1 meal a week
		Warmouth	1 meal a week
		Chain Pickerel	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY

DHEC has tested additional waterbodies in this section of South Carolina. Dolphin (Mahi Mahi) and Spanish Mackerel are safe to eat anywhere along SC's coast. It is safe to eat fish as often as you like from the following waterbodies: Lake Prestwood Winyah Bay



South Carolina Fish Consumption Advisories Section 3



Section 3 Waterbodies with Advisories

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Ashley River	From State Rd. 165 to Hwy 526	Bluegill	1 meal a week
		Blue Catfish	1 meal a week
		Black Crappie	1 meal a week
		Channel Catfish	1 meal a week
		Redear Sunfish	No Restrictions
		Redbreast Sunfish	1 meal a week
		Largemouth Bass	1 meal a week
		Bowfin (Mudfish) over 20 inches	1 meal a month
Atlantic Ocean	Atlantic Ocean off the SC Coast **EPA and FDA advise women who are or may become pregnant, nursing mothers, and children under 14 not to eat any king mackerel, shark, swordfish or tilefish.	King Mackerel less than 33 inches	No Restrictions **
		King Mackerel 33-39 inches	1 meal a week **
		King Mackerel over 39 inches	DO NOT EAT ANY **
		Swordfish	1 meal a month **
		Shark	DO NOT EAT ANY **
		Tilefish	DO NOT EAT ANY **
Back River Reservoir	Entire Reservoir	Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
		Largemouth Bass	1 meal a week
Cary's Lake	Entire Lake	Largemouth Bass	1 meal a week
Congaree River	From Columbia to the Santee River	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Chain Pickerel	1 meal a week
		Largemouth Bass	1 meal a week
		Redear Sunfish	No Restrictions
		Striped Bass	No Restrictions
		Bowfin (Mudfish)	1 meal a week



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Cooper River	East Fork Cooper River Quinby Creek to The "T"	Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Spotted Sunfish	No Restrictions
		Warmouth	No Restrictions
		Bowfin (Mudfish)	1 meal a month
		Chain Pickerel	1 meal a week
		Largemouth Bass	1 meal a week
Cooper River	West Fork Cooper River From Lake Moultrie Dam to The "T"	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
		Largemouth Bass	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
		Bowfin (Mudfish)	1 meal a week
	The "T" to Bushy Park	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
		Largemouth Bass	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
		Bowfin (Mudfish)	1 meal a week
	Downstream of Bushy Park	Red Drum	No Restrictions
		Spotted Sea Trout	No Restrictions
		Southern Flounder	No Restrictions
		Striped Mullet	No Restrictions



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Durham Creek	Entire Creek (Berkeley County)	Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
		Largemouth Bass	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
		Bowfin (Mudfish)	1 meal a week
Edisto River	Entire River to Willtown Bluff	Black Crappie	1 meal a week
		Blue Catfish	1 meal a month
		Bluegill	1 meal a week
		Channel Catfish	DO NOT EAT ANY
		Flathead Catfish	DO NOT EAT ANY
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	No Restrictions
		Bowfin (Mudfish)	DO NOT EAT ANY
		Chain Pickerel	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
Forest Lake	Entire Lake	Largemouth Bass	1 meal a week
Four Hole Swamp	Entire Swamp	Bluegill	1 meal a week
		Redbreast Sunfish	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
		Warmouth	1 meal a month
		Chain Pickerel	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
Goose Creek Reservoir	Entire Reservoir	All Other Fish	No Restrictions
		Bowfin (Mudfish)	1 meal a week



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Lake Marion	Entire Lake	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
		Channel Catfish	No Restrictions
		Largemouth Bass	1 meal a week
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
		Yellow Perch	No Restrictions
		Bowfin (Mudfish)	1 meal a week
Diversion Canal (Santee Cooper Lakes)	Entire Canal	Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Largemouth Bass	1 meal a week
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Bowfin (Mudfish)	1 meal a month
Rediversion Canal (Santee Cooper Lakes)	Entire Canal	Black Crappie	No Restrictions
		Bluegill	No Restrictions
		Largemouth Bass	No Restrictions
		Bowfin (Mudfish)	1 meal a week
Lake Moultrie (continued on next page)	Entire Lake	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Largemouth Bass	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Lake Moultrie (continued from previous page)	Entire Lake	Warmouth	No Restrictions
		Yellow Perch	No Restrictions
		Chain Pickerel	No Restrictions
		Bowfin (Mudfish)	1 meal a week
North Fork Edisto River	Orangeburg County	Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		Chain Pickerel	1 meal a month
		Striped Bass	1 meal a week
		Largemouth Bass	1 meal a month
		Warmouth	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
North Santee River	From the Santee River to U.S. Hwy. 17/701 Bridge	Black Crappie	1 meal a week
		Bluegill	No Restrictions
		Red Drum	No Restrictions
		Striped Mullet	No Restrictions
		Chain Pickerel	1 meal a week
		Blue Catfish	1 meal a week
		Flathead Catfish	1 meal a month
		Largemouth Bass	1 meal a week
Penny Creek	Charleston County	Bowfin (Mudfish)	DO NOT EAT ANY
Santee River	From Lake Marion to the South Santee River	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Striped Mullet	No Restrictions
		Bowfin (Mudfish)	1 meal a week
		Largemouth Bass	1 meal a week



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Sesquicentennial State Park	Entire Lake	Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Black Crappie	1 meal a month
		Chain Pickerel	1 meal a month
		Largemouth Bass	DO NOT EAT ANY
South Fork Edisto River	From Aiken State Park to Edisto River	Chain Pickerel	DO NOT EAT ANY
		Flathead Catfish	DO NOT EAT ANY
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		Largemouth Bass	DO NOT EAT ANY
South Santee River	From the Santee River to U.S. Hwy. 17/701 Bridge	Bowfin (Mudfish)	DO NOT EAT ANY
		Blue Catfish	1 meal a week
		Flathead Catfish	DO NOT EAT ANY
		Largemouth Bass	1 meal a month
Wadboo Creek	Berkeley County to Hwy 17	Bowfin (Mudfish)	DO NOT EAT ANY
		Bluegill	No Restrictions
		Chain Pickerel	No Restrictions
		Largemouth Bass	No Restrictions
		Redear Sunfish	No Restrictions
Wadmacon Creek	Georgetown County	Bowfin (Mudfish)	1 meal a month
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Bowfin (Mudfish)	1 meal a week
Wambaw Creek	Charleston County	Largemouth Bass	1 meal a week
		Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Largemouth Bass	No Restrictions
		Redbreast Sunfish	No Restrictions
		Bowfin (Mudfish)	1 meal a week



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Wateree River	Entire River (Downstream of Lake Wateree to the Congaree River)	Black Crappie	No Restrictions
		Blue Catfish	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	No Restrictions
		Largemouth Bass	No Restrictions
		Redbreast Sunfish	No Restrictions
		Flathead Catfish	1 meal a week
		Redear Sunfish	No Restrictions
		Striped Bass	No Restrictions
		White Perch	No Restrictions
		Bowfin (Mudfish)	1 meal a week
Windsor Lake	Entire Lake	Largemouth Bass	1 meal a week

DHEC has tested additional waterbodies in this section of South Carolina. Dolphin (Mahi Mahi) and Spanish Mackerel are safe to eat anywhere along S.C.'s coast. It is safe to eat fish as often as you like from the following waterbodies/areas:

ACE Basin
Cape Romain
Muddy Bay

Ashley River (downstream of U.S. Hwy 17)
Edisto River (downstream of U.S. Hwy 17)

Charleston Harbor
Lower Wando River

In 2007...

Total Stream Miles in State - Excluding Estuaries = 13,785

Main Stem River Miles under **Mercury Advisory** in 2007 = 1,764

Main Stem River Miles under **PCB Advisory** in 2007 = 26

Total Lake Acreage within State Boundaries = 462,936

Total Lake Acreage within State Boundaries under **Mercury Advisory** in 2007 = 210,723.13

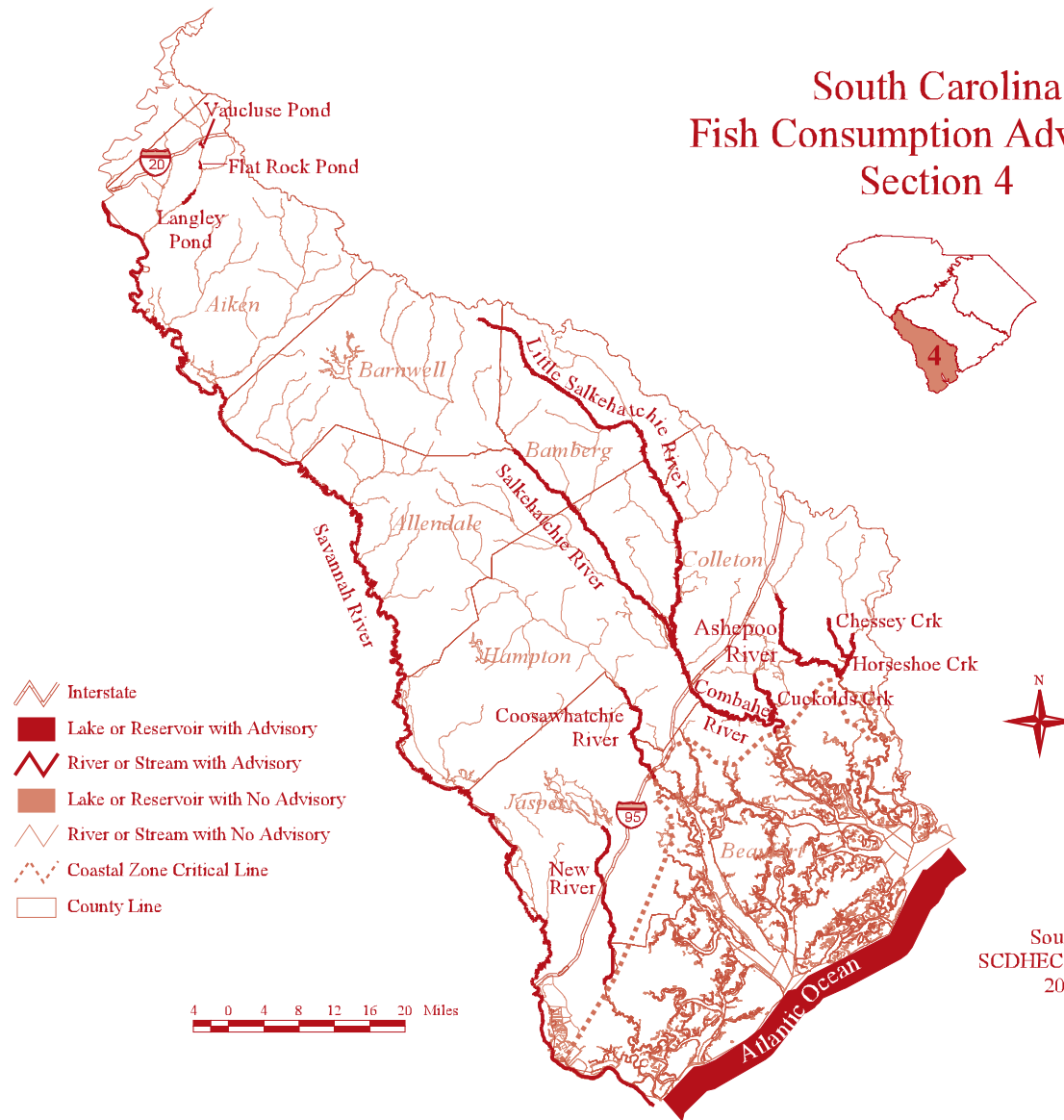
Total Lake Acreage within State Boundaries under **PCB Advisory** in 2007 = 36,323

The number of miles under advisory, are based on a 1:100,000 scale hydrography set.

The Mercury Advisory along the coast is not included.



South Carolina Fish Consumption Advisories Section 4



Section 4 Waterbodies with Advisories

WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Ashepoo River	From Walterboro to U.S. Hwy. 17	Bluegill	No Restrictions
		Black Crappie	No Restrictions
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		Bowfin (Mudfish)	1 meal a month
		Largemouth Bass	1 meal a week
Atlantic Ocean	Atlantic Ocean off the S.C. Coast **EPA and FDA advise women who are or may become pregnant, nursing mothers, and children under 14 not to eat any king mackerel, shark, swordfish or tilefish.	King Mackerel less than 33 inches	No Restrictions **
		King Mackerel 33-39 inches	1 meal a week **
		King Mackerel over 39 inches	DO NOT EAT ANY **
		Swordfish	1 meal a month **
		Shark	DO NOT EAT ANY **
		Tilefish	DO NOT EAT ANY **
Chessey Creek	Colleton County	Bowfin (Mudfish)	No Restrictions
		Largemouth Bass	1 meal a week
Combahee River	Salkehatchie River to U.S. Hwy. 17	Black Crappie	No Restrictions
		Bluegill	No Restrictions
		Channel Catfish	1 meal a week
		Redbreast Sunfish	1 meal a week
		White Catfish	No Restrictions
		Largemouth Bass	DO NOT EAT ANY
		Redear Sunfish	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
		Chain Pickerel	1 meal a month
Coosawhatchie River	Jasper County	All Other Fish	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
		Chain Pickerel	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
		Warmouth	DO NOT EAT ANY



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Cuckolds Creek	Colleton County	Bluegill	No Restrictions
		Bowfin (Mudfish)	1 meal a month
		Largemouth Bass	No Restrictions
Flat Rock Pond	Entire Pond	Channel Catfish	No Restrictions
		Largemouth Bass	1 meal a week
		Warmouth	1 meal a week
Horseshoe Creek	Colleton County	Bowfin (Mudfish)	1 meal a week
		Redear Sunfish	1 meal a week
		Bluegill	No Restrictions
		Black Crappie	No Restrictions
		Largemouth Bass	1 meal a week
Langley Pond	Entire Pond	All Other Fish	1 meal a week
		Chain Pickerel	1 meal a month
		Channel Catfish	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
Little Salkehatchie River	Entire River	All Other Fish	1 meal a week
		Warmouth	1 meal a month
		Bowfin (Mudfish)	DO NOT EAT ANY
		Largemouth Bass	DO NOT EAT ANY
New River	Jasper County to Cook Landing	Largemouth Bass	1 meal a month
		Black Crappie	1 meal a week
		Chain Pickerel	1 meal a week
		Redbreast Sunfish	No Restrictions
		Bluegill	No Restrictions
		Redear Sunfish	No Restrictions
		Bowfin (Mudfish)	1 meal a month
Salkehatchie River	From U.S. Hwy. 301 to Combahee River	Bowfin (Mudfish)	DO NOT EAT ANY
		Chain Pickerel	1 meal a month
		Warmouth	1 meal a week
		Redbreast Sunfish	1 meal a week
		Largemouth Bass	DO NOT EAT ANY



WATERBODY	LOCATION	SPECIES OF FISH	ADVISORY
Savannah River <i>Some data for the Savannah River was provided by the Georgia Department of Natural Resources.</i> <i>Some fish also contain cesium-137 and strontium-90. See Page 4 to find out more.</i>	From Stevens Creek in Edgefield County to S.C. Hwy. 119 in Jasper County	Black Crappie	No Restrictions
		Bluegill	No Restrictions
		Chain Pickerel	1 meal a week
		Channel Catfish	No Restrictions
		Redbreast Sunfish	No Restrictions
		Redear Sunfish	No Restrictions
		Warmouth	No Restrictions
		Yellow Perch	No Restrictions
		Largemouth Bass	1 meal a month
		Spotted Sucker	1 meal a week
		Bowfin (Mudfish)	DO NOT EAT ANY
	From S.C. Hwy. 119 in Jasper County to U.S. Hwy. 17	Black Crappie	1 meal a week
		Bluegill	1 meal a week
		Channel Catfish	1 meal a week
		Redbreast Sunfish	1 meal a week
		Redear Sunfish	1 meal a week
		White Catfish	1 meal a week
		Largemouth Bass	DO NOT EAT ANY
		Bowfin (Mudfish)	DO NOT EAT ANY
	Downstream of U.S. Hwy. 17	Red Drum	No Restrictions
		Channel Catfish	1 meal a week
		Largemouth Bass	1 meal a week
		White Catfish	1 meal a week
Vaucluse Pond	Entire Pond	Bluegill	No Restrictions
		Chain Pickerel	1 meal a month
		Warmouth	1 meal a week
		Yellow Perch	1 meal a week
		Redear Sunfish	No Restrictions
		Largemouth Bass	DO NOT EAT ANY

DHEC has tested additional waterbodies in this section of South Carolina. Dolphin (Mahi Mahi) and Spanish Mackerel are safe to eat anywhere along S.C.'s coast. It is safe to eat fish as often as you like from the following waterbodies/areas:

ACE Basin Combahee River (downstream of U.S. Hwy 17) Port Royal Sound



Identifying Common South Carolina Fish

Fishing is a great way to relax and spend time with family and friends. If you plan to keep what you catch, make sure you can positively identify your fish. This not only helps make sure it meets size and catch regulations, it can also keep you healthy. Use these images to help positively identify your catch.



Black Crappie



Bowfin
(Mudfish)



Channel Catfish



King Mackerel



Blue Catfish



Brown Trout



Flathead Catfish



Largemouth Bass



Bluegill



Chain Pickerel



Hybrid Bass



Mullet



Smallmouth Bass



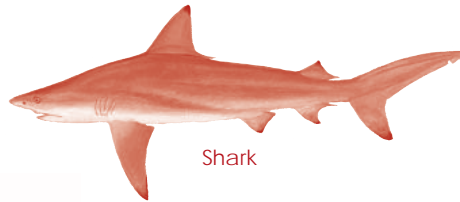
White Bass



Spotted Bass



Pumpkinseed
Sunfish



Shark



Striped Bass



Rainbow Trout



Redbreast Sunfish



Southern Flounder



Swordfish



Red Drum



Spotted Sea trout



Warmouth



White Catfish



Redear Sunfish



Spotted Sucker



White Perch



Yellow Perch

Index of Listed Waterbodies

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Back River Reservoir	19	Lake Cunningham	13	Muddy Bay	25
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Black Mingo Creek	15	Lake H.B. Robinson	16	North Fork Edisto River	23
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Cary's Lake	19	Lake Keowee	13	Pocotaligo River	17
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Congaree River	19	Lake Rabon	13	Santee River	23
Cooper River	20	Lake Russell	11	Savannah River	12, 13, 29
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Cuckolds Creek	28	Lake Tugaloo	12	South Fork Edisto River	24
Diversion Canal (Santee Cooper Lakes)	22	Lake Wateree	13	South Santee River	24
Durham Creek	21	Lake Wallace	16	Vaucluse Pond	29
Edisto River	21, 25	Lake Wylie	13	Waccamaw River	17
Fishing Creek Reservoir	13	Lake Yonah	12	Wadboo Creek	24
Flat Rock Pond	28	Langley Pond	28	Wadmacon Creek	24
Forest Lake	21	Little Pee Dee River	16	Wambaw Creek	24
Four Hole Swamp	21	Little River	13	Wateree Creek	13, 25
Goose Creek Reservoir	21	Little Salkehatchie River	28	Windsor Lake	25
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For More Information:

South Carolina Fish Consumption Advisories and Information

South Carolina Department of Health and
Environmental Control
2600 Bull Street
Columbia, SC 29201
1-888-849-7241 (toll-free)
www.scdhec.gov/fish

National Fish Consumption Advisory

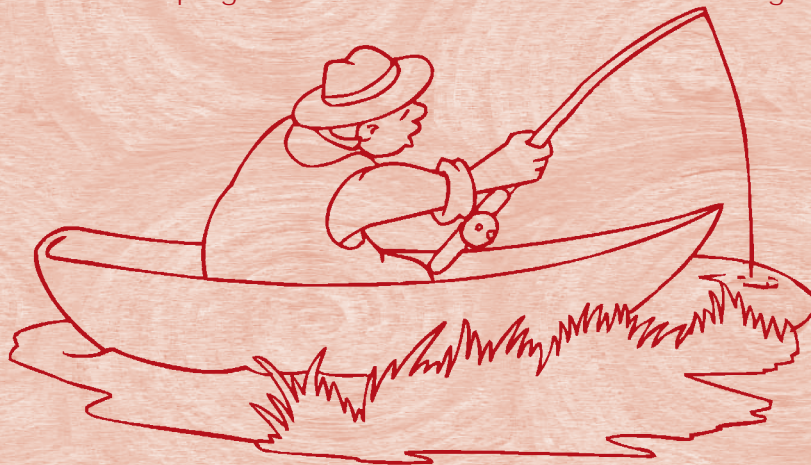
Food and Drug Administration &
Environmental Protection Agency
1-888-SAFE-FOOD (toll-free)
www.cfsan.fda.gov/~lrd/seafsaf.html
www.epa.gov/ost/fish

South Carolina Fishing and Boating Rules and Regulations

South Carolina Department of Natural Resources
P.O. Box 167
Columbia, SC 29202
(803) 734-3886
1-800-ASK-FISH (toll-free fishing hotline)
www.dnr.state.sc.us

Georgia Fish Consumption Advisory

Georgia Department of Natural Resources
2 Martin Luther King, Jr. Drive, S.E., Suite 1152
Atlanta, GA 30334-9000
(706) 369-6376
www.gaepd.org/Documents/fish_guide.html



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